



Nurse Family Partnership

MIHP Coordinator's Meetings

Nurse Family Partnership

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History

- Founded by Dr. David Olds, a professor of pediatrics, psychiatry, and preventive medicine at the University of Colorado, Denver.
- 1970's: Olds started a nurse home visiting program while working at an inner-city day care center
- Three clinical trials over the next 35 years
 - Elmira, New York in 1977
 - Memphis Tennessee in 1988
 - Denver Colorado in 1994
- 1996 – Replication to local communities

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NFP Today

- 2014: 536 programs in 43 states, 6 Tribal Communities, + US Virgin Islands
 - 28,107 families currently enrolled
 - 1,642 Nurse Home visitors
- A National Service Office (NFP-NSO), established in 2003, providing ongoing support in nursing education and practice, and program quality assurance



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The Foundation

- **Theoretical Framework**
 - Self-Efficacy Theory
 - Attachment Theory
 - Human Ecology Theory
- **Client Centered Principals**
 - The client is the expert on her life
 - Focus on Strengths
 - Focus on Solutions
 - Only a small change is necessary
 - Follow the Client's Heart desire



Program Goals

- Improve pregnancy outcomes by helping women engage in good preventive health practices, including prenatal care, improving their diets, and reducing their use of cigarettes, alcohol and illegal substances;
- Improve child health and development by helping parents provide responsible and competent care; and
- Improve the economic self-sufficiency of the family by helping parents develop a vision for their own future, plan future pregnancies, continue their education and find work

18 NFP Model Elements

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1. Participation in NFP is voluntary
2. Client is a first time mom
3. Client meets low income criteria at intake
4. Client is enrolled into the program early in her pregnancy and has her first home visit by 28th week
5. Client is visited one-on-one, one nurse home visitor to one first time mom/family.
6. Client is visited in her home

18 NFP Model Elements

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7. Client is visited throughout her pregnancy and for the first two years of her child's life

- Weekly for the first 4 weeks after enrollment
- Every other week until birth of the baby
- Weekly for the 6 weeks after the birth of the baby
- Every other week until infant is 21 months old
- Monthly until the Mom/Infant graduate at age 2.

8. Nurse Home Visitors and Nurse Supervisors are registered professional nurses with a minimum minimum of a Baccalaureate degree in nursing

18 NFP Model Elements

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9. Nurse Home Visitors and Nurse Supervisors complete core educational sessions required by the NFP National Service Office (NSO)
10. Nurse home visitors, using professional knowledge, judgment and skill, apply the NFP Visit-to-Visit Guidelines
11. Nurse home visitors apply the theoretical framework that underpins the program:
 - Self-Efficacy
 - Human Ecology
 - Attachment theory

18 NFP Model Elements

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- 12. A full-time nurse home visitor carries a caseload of no more than 25 active clients
- 13. A full-time nurse supervisor provides supervision to no more than eight individual nurse home visitors
- 14. Nurse supervisors provide nurse home visitors clinical supervision with reflection through specific supervisory activities including one-to-one clinical supervision, case conferences, team meetings and field supervision.

18 NFP Model Elements

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15. Nurse home visitors and nurse supervisors collect data to guide their practice, assess and guide program implementation, inform clinical supervision, enhance program quality and demonstrate program fidelity.
16. A Nurse-Family Partnership Implementing Agency is located in and operated by an organization known in the community for being a successful provider of prevention services to low-income families.

18 NFP Model Elements



17. A Nurse-Family Partnership Implementing Agency convenes a long-term Community Advisory Board to promote a community support system for the program and to promote program quality and sustainability.
18. Adequate support and structure shall be in place to support nurse home visitors and nurse supervisors to implement the program and to assure that data are accurately entered into the database in a timely manner.

NFP Home Visit Overview



Personal Health

Health Maintenance Practices
Nutrition and Exercise
Substance Use
Mental Health Functioning

Environmental Health

Home
Work, School, and
Neighborhood

Life Course Development

Family Planning
Education and Livelihood

Maternal Role

Mothering Role
Physical Care
Behavioral and Emotional
Care

Family and Friends

Personal network
Relationships
Assistance with Childcare

Health and Human Services

Service Utilization

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Selected National Outcomes

- **Improved Pregnancy Outcomes:**
 - Fewer preterm births
 - Fewer high risk pregnancies
 - Greater interval between first and subsequent births
- **Improved Child Health and Development:**
 - Reduction in criminal activity, fewer child arrests at age 15
 - Reduction in injuries among children
 - Reduction in emergency room visits for accidents and poisonings
 - Reduction in child abuse and neglect
 - Increase in children's school readiness
 - Fewer language delays and reduction in behavior problems

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Selected National Outcomes

- **Increased Economic Self-sufficiency**
 - Increase in maternal employment
 - Reduction in number of months on welfare
 - Increase in father involvement
 - Reduction in criminal activity (maternal)



Michigan NFP Sites

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Nine NFP Sites, year begun:

- Berrien, 2000
- Kent , 2004
- Pontiac, 2004
- Kalamazoo, 2008
- Calhoun, 2010
- Ingham, 2012
- Genesee, 2012
- Saginaw, 2012
- Detroit, 2012

Implementing agencies



Michigan Client Demographics

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- 678 women currently being served
- 93% are unmarried at the time of entry to program
- Median age is 19
- 3,020 clients have been enrolled in the program since inception
- Over 2,000 infants have been born to NFP mothers
- 82% are Medicaid recipients

Michigan Client Demographics

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- Race and Ethnicity of Michigan NFP clients:
 - 62.9% Black or African American
 - 26.5% White
 - 7.3% Multiracial
 - 1.2% American Indian
 - 1.2% Asian/Pacific Island



Michigan NFP Outcomes

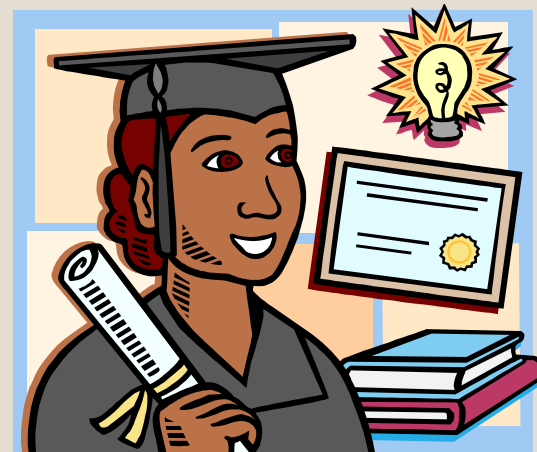
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- 10.8% preterm births for NFP Moms compared to 12.2% of all Michigan Moms
- 70.4% of NFP Moms initiate breastfeeding compared to 36.1% of Michigan Moms
 - 18.9% are still breastfeeding at 6 months
 - 10% are still breastfeeding at 12 months
- Tobacco use during pregnancy among NFP Moms is 11.7% at intake and 10.2% at 36 weeks gestation compared to 19.8% of Michigan Moms

Michigan NFP Outcomes

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- 93.5% of NFP babies are up to date with immunizations at 24 months
- 41% of moms who entered the program without a diploma or GED have since earned one, and another 28% are working toward obtaining one



Model Contact Information

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